

The Reality of Weight Management



Do You Know ...

... that restrictive diets can make you gain weight rather than lose it?

Sad, but true. Two major studies of high school students showed **the more teens dieted, the more they weighed.**

How can dieting make me fat?

- ❶ **Dieting can slow your metabolism down** - meaning that the more you diet, the fewer calories it takes to gain weight.
- ❷ **It's hard to stay on diets for very long** - so it's easy to get into a cycle of dieting followed by over eating, or even bingeing.
- ❸ **Repeated diets can change your food preferences** - so you crave more sugary, fatty foods. That's a no-fail recipe for weight gain!

#1 weight control "secret"

MOVE, MOVE, MOVE

- If you want a strong, lean body, you have to move it often.
- For a healthy weight, aim for 30 to 60 minutes of physical activity - at least five days a week.
- Any activity works. Play your favorite sport, go to the gym, walk the dog, take a hike, ride a bike, do yoga, jump on a skateboard, or dance to your favorite music.
- Make it more fun - get a friend to move with you.



Six Danger Signs of a FAD diet

1. Rapid weight loss

Aim to lose one pound or less per week. If you lose too fast, it usually comes back.

2. Hazardous ingredients

Many diet pills, powders, and teas can do serious damage to your body.

3. Magic foods

Sorry, but no food can melt body fat; and nothing will burn fat while you sleep except your own metabolism.

4. Rigid menus

Restrictive plans are hard to stay on – and they make you want to binge.

5. Bizarre restrictions

Beware of diets that eliminate whole food groups; you'll miss nutrients and get bored.

6. No need to exercise

Get real. You've got to move to lose - find fun ways to be active at least five days a week.

Q: *How can I lose weight and keep it off?*

A: Dump diets and eat smarter!

- **Eat EARLY:**

People who eat breakfast have healthier weights. No need for a complicated meal; a smoothie, a peanut butter sandwich on whole wheat bread, or a bowl of cereal and low-fat milk will all work.

- **Eat REGULARLY:**

Getting too hungry usually leads to overeating, which then leads to weight gain. Eat a balanced meal or snack every 3 to 4 hours.

- **Eat PROTEIN:**

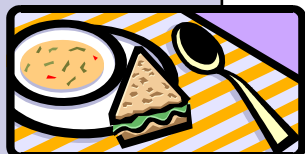
Include protein in every meal and snack. You will feel satisfied longer than if you eat only carbohydrates. Good sources include lean meat, chicken, fish, eggs, nuts, beans, and dairy foods.

- **Eat DAIRY:**

People who eat at least three dairy products per day have an easier time maintaining their weight. Go for calcium-rich, low-fat milk, yogurt, or cheese.

- **Eat HALF:**

Many portions are 2 to 4 times what you need. One simple solution: cut your food portions in half, then eat half and save the rest for another time. Another solution: share with a friend!



WEIGHT MANAGEMENT HELP ONLINE

Tired of silly diets that make you feel tired and crabby? Want a weight loss program that makes sense and lets you eat real food?

Check out the tips, menus, and recipes @ **Healthy Weight with Dairy**